

- I AM SO GRATEFUL FOR MY BODY
- I AM WHOLE AND COMPLETE JUST THE WAY I AM
- I AM GRATEFUL FOR THE MILLIONS OF INVISIBLE WAYS IN WHICH MY BODY WORKS PERFECTLY
- I TREAT MY BODY WITH LOVE AND RESPECT
- MY BODY TELLS MY STORY AND I EMBRACE THE NEVER-ENDING JOURNEY OF MY PHYSICAL EXPERIENCE
- I TRUST THE WISDOM OF MY BODY
- I ACCEPT MYSELF WHICH ALLOWS ME TO CHANGE, GROW AND EVOLVE
- I GIVE MYSELF PERMISSION TO FOLLOW WHAT FEELS GOOD IN MY BODY
- TODAY I WILL BREATHE DEEPLY AND FREELY
- TODAY I WILL PAY MORE ATTENTION TO WHAT I LOVE ABOUT MYSELF AND WHAT IS WORKING WELL
- I CHOOSE FOOD WHICH NOURISHES EVERY CELL IN MY BODY
- I FEED MY BODY LIFE-AFFIRMING FOODS WHICH INCREASE MY VITALITY, ENERGY AND WELL-BEING
- I LET MYSELF REST WHEN I NEED TO REST. I LET MYSELF ACT WHEN I NEED TO ACT
- I AM NOT AFRAID TO ASK FOR HELP WHERE MY BODY COULD USE IT
- MY BODY IS A VESSEL OF CONSCIOUSNESS

Body Love Affirmations

- NOTHING FEELS BETTER THAN TAKING CARE OF MYSELF
- MY BEAUTY GOES SO MUCH DEEPER THAN MY APPEARANCE. THE MORE I SEE THIS IN MYSELF THE MORE OTHERS CAN SEE IT TOO.
- WHEN I GIVE MYSELF PERMISSION TO BE COMFORTABLE IN MY OWN BODY, I GIVE OTHERS PERMISSION TO DO THE SAME.
- TRUE BEAUTY COMES FROM FEELING GROUNDED, WHOLE, AND LOVING
- I HONOR THIS MOMENT RIGHT WHERE I AM IN MY PHYSICAL JOURNEY
- BODY, I PROMISE TO LOVE AND CHERISH YOU. I AM SORRY FOR EVERY BEING CRUEL TO YOU AND ASK YOUR FORGIVENESS
- TODAY I WILL TAKE CARE OF MY BODY BY _____
- I AWAKEN THE LIGHT AND LOVE WITHIN EVERY CELL OF MY BEING AND RADIATE IT OUTWARD TO THE WORLD
- I HONOR THE SACRED RELATIONSHIP I HAVE WITH MY BODY
- WHEN I'M CONNECTED TO MY BODY I FEEL MORE COMPLETE, FULFILLED AND ALIVE
- I EMBRACE THE PARTS OF ME THAT NEED LOVE THE MOST
- I MOVE EASILY, COMFORTABLY, AND CONFIDENTLY
- I BLESS MY FOOD WITH LOVE
- MY BODY IS HEALTHY, HEALED AND WHOLE
- EVERY CELL IN MY BODY IS LOVED

Body Love Affirmations

- MY BODY IS BEAUTIFUL FOR WHAT IT CAN DO
- I CHOOSE PEACEFUL, HARMONIOUS, LOVING THOUGHTS THAT CREATE AN INTERNAL ATMOSPHERE OF HARMONY FOR THE CELLS IN MY BODY TO LIVE IN.
- I AM PHYSICALLY AND EMOTIONALLY CONNECTED TO AN ABUNDANT SOURCE OF HEALING
- I WELCOME ALL THE THINGS, EVENTS AND CIRCUMSTANCES THAT WILL HELP ME HEAL AND GROW
- MY BODY ACCEPTS LOVE OPENLY. MY BODY GIVES LOVE OPENLY
- I AM ALWAYS THE PERFECT AGE
- I AM WORTHY OF A LIFE THAT FEELS GOOD TO LIVE
- MY BODY IS A VEHICLE FOR SPREADING THE LIGHT I AM TO BRING TO EARTH
- I AM AT PEACE WITH WHO I AM AND EXCITED ABOUT WHO I CAN BE
- MY BODY SUPPORTS WHO I AM BECOMING
- I AM GRATEFUL FOR THE CHANCE TO BE ALIVE ON EARTH AND I THANK MY BODY FOR ALLOWING ME THIS EXPERIENCE
- I LOVE AND ACCEPT WHO I AM TODAY
- I AM CONFIDENT, CALM, AND I CARE FOR MYSELF
- I CHOOSE TO FEEL GOOD ABOUT MYSELF
- MY SELF ESTEEM IS HIGH BECAUSE I HONOR WHO I AM

Body Love Affirmations

- I ENJOY THE FOODS THAT ARE BEST FOR MY BODY
- I LOVE EVERY PART OF MY BODY
- I MAKE HEALTHY CHOICES
- I HAVE RESPECT FOR MYSELF
- I LOOK FORWARD TO A HEALTHY OLD AGE BECAUSE I TAKE LOVING CARE OF MY BODY NOW
- I AM CONSTANTLY DISCOVERING NEW WAYS TO IMPROVE MY HEALTH
- PERFECT HEALTH IS MY DIVINE RIGHT AND I CLAIM IT NOW
- I AM GRATEFUL FOR MY HEALTHY BODY
- I AM BEAUTIFUL AND EVERYBODY LOVES ME
- I AM GREETED BY LOVE WHEREVER I GO
- I ATTRACT ONLY HEALTHY RELATIONSHIPS. I AM ALWAYS TREATED WELL
- I SEE MYSELF HEALTHY
- I CREATE A STRESS-FREE WORLD FOR MYSELF
- I BREATHE IN AND OUT SLOWLY, RELAXING MORE AND MORE WITH EACH BREATH
- I AM A CAPABLE PERSON AND I CAN HANDLE ANYTHING THAT COMES MY WAY

Body Love Affirmations